24 DAYS · DEC 1 – 24, 2026

Kindness Advent Calendar

HARDER

One small act of kindness a day. On busy days, one kind message counts.

HOW IT WORKS

1. Read today's act (or tomorrow's tonight).
2. Do it: most take 5 minutes and cost nothing.
3. Colour a circle. Both count the same.

Two levels

- ◯ Full: today's act
- ◯ Minimum: one kind message to anyone

1 TUE · DEC 1
Message someone you haven't talked to in a while: "Thinking of you"
◯ ACT ◯ KIND MESSAGE

2 WED · DEC 2
Make someone's tea or coffee without being asked
◯ ACT ◯ KIND MESSAGE

3 THU · DEC 3
Write a thank-you note to someone who helped you this year
◯ ACT ◯ KIND MESSAGE

4 FRI · DEC 4
Leave a kind review for a small local business
◯ ACT ◯ KIND MESSAGE

5 SAT · DEC 5
Find one thing you don't use and donate it
◯ ACT ◯ KIND MESSAGE

6 SUN · DEC 6
Call a grandparent or an older relative
◯ ACT ◯ KIND MESSAGE

7 MON · DEC 7
€
Bring a snack to share at work or school
◯ ACT ◯ KIND MESSAGE

8 TUE · DEC 8
Let someone go ahead of you in a queue
◯ ACT ◯ KIND MESSAGE

9 WED · DEC 9
Thank a courier, cleaner or bin collector, by name if you can
◯ ACT ◯ KIND MESSAGE

10 THU · DEC 10
Give someone a specific compliment that isn't about looks
◯ ACT ◯ KIND MESSAGE

11 FRI · DEC 11
Help a neighbour: carry something or just check in
◯ ACT ◯ KIND MESSAGE

12 SAT · DEC 12
HALFWAY · €
Halfway: drop off box 1 or give to a charity
◯ ACT ◯ KIND MESSAGE

13 SUN · DEC 13
€
Cook or bake something for someone
◯ ACT ◯ KIND MESSAGE

14 MON · DEC 14
Send a voice note telling a friend what you value about them
◯ ACT ◯ KIND MESSAGE

15 TUE · DEC 15
Pick up litter on your walk
◯ ACT ◯ KIND MESSAGE

16 WED · DEC 16
Teach someone something you know how to do
◯ ACT ◯ KIND MESSAGE

17 THU · DEC 17
Write a card for someone who may be lonely this Christmas
◯ ACT ◯ KIND MESSAGE

18 FRI · DEC 18
€
Pay it forward: a coffee, a bus fare, a parking ticket
◯ ACT ◯ KIND MESSAGE

19 SAT · DEC 19
Give an hour: volunteer, or help a friend with a job
◯ ACT ◯ KIND MESSAGE

20 SUN · DEC 20
Do a household job that someone else usually does
◯ ACT ◯ KIND MESSAGE

21 MON · DEC 21
LONGEST NIGHT
Longest night: check in on someone who finds December hard
◯ ACT ◯ KIND MESSAGE

22 TUE · DEC 22
Leave a kind note somewhere public: a library book, a lift
◯ ACT ◯ KIND MESSAGE

23 WED · DEC 23
€
Drop off the rest of your reverse advent box
◯ ACT ◯ KIND MESSAGE

24 THU · DEC 24
CHRISTMAS EVE
Tell each person at your table one thing you love about them
◯ ACT ◯ KIND MESSAGE

Both circles count the same. Swap any act with another day. € = small cost. Missed a day? Do today's act and keep going.

Miss once, never twice.

harder.pro/blog/kindness-advent-calendar

Reverse Advent Box

HARDER

Add one item a day, then donate it. Check your food bank's list first: their needs come before this one.

Food · days 1–12

- [ ] **1** Tinned fish or meat
- [ ] **2** Tinned vegetables
- [ ] **3** Tinned fruit
- [ ] **4** Soup
- [ ] **5** Pasta sauce
- [ ] **6** Rice
- [ ] **7** Cereal
- [ ] **8** UHT milk
- [ ] **9** Tea or coffee
- [ ] **10** Long-life juice
- [ ] **11** Tinned tomatoes
- [ ] **12** Something sweet for Christmas

Toiletries & household · days 13–24

- [ ] **13** Toothpaste
- [ ] **14** Toothbrushes
- [ ] **15** Shower gel
- [ ] **16** Deodorant
- [ ] **17** Shampoo
- [ ] **18** Period products
- [ ] **19** Nappies or baby wipes
- [ ] **20** Toilet paper
- [ ] **21** Washing-up liquid
- [ ] **22** Laundry detergent
- [ ] **23** A festive treat
- [ ] **24** A handwritten card

MY FOOD BANK · NAME & ADDRESS

- [ ] **Drop-off 1 · Sat, Dec 12**
- [ ] **Drop-off 2 · Wed, Dec 23**

OPENING HOURS / CHRISTMAS DEADLINE

WHAT THEY NEED MOST

Avoid perishables, alcohol and anything past its date.

Kindness Log

HARDER

Who you helped, what you did, and one word about how it felt.

DAY	WHO	WHAT I DID	ONE WORD
1			
2			
3			
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MY FAVOURITE MOMENT OF DECEMBER

Harder is independent. Not affiliated with any food bank or charity.